



The EAP is Here for You

We understand that life is different and unpredictable now and many continue to face challenges in their daily work and personal lives. You may be feeling fear, stress, anxiety, financial concerns with unemployment, and challenges with how/when children will return to school. It's important to remember that you are not alone, and you can get help so you can better manage today and everyday moving forward. The EAP includes a variety of counseling options, work-life resources and online tools to help you in your daily work and home life. The EAP offers confidential, free services to you, your dependents, and household members.

Counseling Resources

- **Confidential Counseling:** the EAP includes free and confidential sessions (available by phone or video, if preferred).
- **24-Hour Crisis Help:** toll-free access for you or a family member experiencing a crisis.
- **Tess Chatbot:** 24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to +1 650 825 9634 to get started.
- **Online Peer Support Groups:** online support groups for addiction, depression, bipolar and anxiety.

Work-Life Resources

Your EAP provides a wide range of work-life balance services to help you survive a variety of challenges:

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| • Financial Help | • Online Legal Forms |
| • Legal Services | • ID Theft Resources |
| • Mediation Services | • Home Ownership Program |
| • Child/Eldercare Resources | • College Planning Program |

Tips to help cope with stress:

Make self-care a priority. Exercise daily, get plenty of rest, address your own needs and feelings regularly, and make an effort to eat healthy.

Start a mindfulness practice. Mindfulness can help develop self-awareness and the ability to cope with feelings of stress. Pay attention to the present moment with openness, slow down, connect with your breath to relax your mind and body.

Create a resilience routine. Take a proactive approach to dealing with stress. Make exercise, meditation, yoga and other relaxation techniques part of your daily routine.

Make time for activities you enjoy. Read a good book, watch a comedy, play a fun game, or make something—it doesn't matter what you do, as long as it takes you out of your worries.

Remember to laugh. Laughter is the best medicine and it's free. Laughter can reduce the pain you feel, both body and mind, and help to minimize the issue at hand.

Online Resources at ibhworklife.com

Access free online stress reduction tools and wellbeing resources including mindfulness meditations, MyStressTools, yoga classes, resilience courses, self-care practices, healthy recipes and more to help you stay emotionally and physically balanced both at work and at home.

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